

Disability activity programme

1 April - 31 August 2022

Activity	Time/location	Description
Boccia Session £3	Fairfax Health and Wellbeing hub. Wednesdays 4 - 5.30pm	Come and take part in our coached Boccia session. Open to all abilities. Refreshments provided. Please call Danni for details on 07525 988145
Halo club £3	Fairfax Health and Wellbeing hub. Monday 7 - 8.30pm (Excluding bank holidays and August)	Weekly activity session for disabled people offering crafts, games and a tuck shop. Open to age 14+ No booking required.
Teen sports session £6	Fairfax Community Centre, Harrogate. 6 - 7pm	Fun sports for ambulant young people with Special educational needs or disabilities. Focus on enjoyment and taking part rather than who's winning!
Cook and Eat FREE (term time only)	Knaresborough Wellbeing Hub Tuesday 11 - 1pm Jennyfield Wellbeing Hub Friday 11.45 - 1.45pm	Do you have difficulty cooking a meal? Trying to manage on a budget? We'll work together to cook a nutritious meal using donated produce which you can enjoy at the centre or take home. Open to all regardless of ability.
Girls group £5 including refreshments	Knaresborough Wellbeing Hub Tuesdays 4 - 6pm	Quiet and friendly social group aimed at girls aged 9 - 18 who find social situations difficult or too busy and noisy. We offer crafts and other activities in a supportive but easy going environment. Please ring Danni for further details on 07525 988145.
Diving session £6.30	The Hydro Wednesdays 7.15 - 7.45 and 7.45 - 8.15pm.	Diving lesson aimed at young people aged up to 20 who have sen/d. You must be able to swim 25m and be confident in deep water. Please ring Danni for further details on 07525 988145, or contact Leanne at diveharrogate@gmail.com
Swimming £3.70 Adult £2.60 Child	Jack Laugher Leisure and Wellness Centre Tuesday 10.00 - 11.00am (Including school holidays)	General swimming in the activity pool. Open to disabled people, their carers and families only. Call 01423 556767 for further information.
Tennis £2	Harrogate Spa Tennis Centre Monday 5 - 6pm, all year, £2 in winter to cover floodlights Saturday 3 - 4 pm all year, no charge	Fun Tennis session for teenagers with a disability. All equipment and balls provided for a fun session that all abilities can enjoy. Courts are wheelchair accessible. Harrogate Spa Tennis Centre, Claro Park, Harrogate HG1 4BB. Contact Carolyn Rothwell 07900567904 to book in to a session
Multisports £6 per session	Knaresborough Community Centre Wednesday 5 - 6pm	Fun sports based coaching for children who have special educational needs or disabilities. Open to children aged 5 years upwards. Please ring Danni for further details on 07525 988145.

Kids Inclusive Social Saturday £20 per session	Knaresborough Wellbeing Hub Saturday 10am - 1pm (Term time only)	Fun inclusive play activities with arts, crafts, games and sports. Open to children in school year 1 up to 18 years. Booking essential. Please ring Danni for further details on 07525 988145.
Teen holiday session Wednesday during school holidays £9	Fairfax Community Centre 5.30 - 8pm	Fun activities including crafts, sports, computers and games. Two course meal included. Open to young people aged 10 -19 who have special educational needs and/or disabilities. Booking essential. Please ring Danni for further details on 07525 988145.
Harrogate Wheelchair Basketball Club £3	Harrogate High School 3.30 - 5pm	All equipment provided. Contact Gary on 07807 337115. Must be able to self transfer or have support to do this.
Gardening group last Sunday of the month Free	Woodlands Community Church, Wetherby Road, Harrogate 2 - 4pm	Come and take part in accessible gardening activities with the members of the church. Open to all ages and abilities. Tea/coffee and cake included.
Hotshots swim squad Fee payable monthly	Various locations Monday 5 - 6pm Friday 6 - 7pm Sunday 6.15 - 7.30pm	For the competitive swimmer. Open to competent swimmers who want to swim competitively. Admission by assessment. Contact the Hydro on 01423 556767 for fees. Please contact Danni on 07525988145 for details. Waiting lists may apply
Springboard youth session £2.50 per session	Fairfax Community Centre Wednesday 6.30 - 8.30pm (Term time only)	Youth club session run on behalf of the Harrogate branch of the national autistic society. Open to young people aged 10 - 18 who have asperger syndrome or high functioning autism. Holiday club available if demand high enough.
ARK Ripon Club £2 per week plus snack money	Ripon Bowling Club (26 Bondgate Green) Tuesdays 7 - 9pm	Social activity session for disabled people. For further information, please contact Jerry on 01423 780315 or by email to jerryjanderson@btinternet.com

Information can be made available in other formats. Tel: 07525 988145